Canned Apple Pie Jam low sugar
Canned Fall Fruit Butter
Canned Bloody Mary Mix
Canned Taco Sauce
Water Bath Canning – hand out

Freezer Fudge Sauce

Refrigerator Horseradish
Refrigerator Grainy Mustard
Refrigerator Flavored Vinegars – hand out

Dried Candied Ginger – hand out photos
Dried Orange Slices with Chocolate

JARS, LIDS, FABRICS, EQUIPMENT & LINKS!
APPLE PIE JAM
yield about 5 (8 ounce) jars

6 cups diced peeled Granny Smith apples
2 cups apple juice or apple cider
2 tablespoons lemon juice
3 tablespoons Ball Classic Pectin
1 teaspoon ground cinnamon
½ teaspoon ground allspice
¼ teaspoon ground nutmeg
2 cups sugar

Bring the apples and juices to a boil in a 6-quart stainless steel pan; reduce heat, and simmer, uncovered, 10 minutes or until the apples are soft, stirring occasionally.

Whisk in the pectin, cinnamon, allspice and nutmeg. Bring the mixture to a full rolling boil that cannot be stirred down, over high heat, stirring constantly.

Add the sugar, stirring to dissolve. Return the mixture to a full rolling boil. Boil hard 1 minute, stirring constantly. Remove from heat. Skim the foam, if necessary.

Ladle the hot jam into a hot jar, leaving ¼-inch headspace. Wipe the jar rim. Center the lid on the jar. Apply the band, and adjust to fingertip-tight. Place the jar in the boiling water canner. Repeat until all jars are filled.

Process the jars 10 minutes. Turn off heat; remove the pan lid, and let the jars stand 5 minutes. Remove the jars and place on a towel to cool.

JAR SUGGESTION: regular mouth

LID LABEL or RED & WHITE TWINE

TIP: Don’t discard the foam! Skim it into a bowl for the cook to enjoy.
## Autumn Fruit Butter in a Slow Cooker

Combine the desired prepared fruit and lemon juice, if noted, in a slow cooker. Cover and cook on HIGH 1 hour or until the fruit is very soft.

Puree, in batches, in a food processor or blender until smooth.

Stir in the desired liquid, sweetener, and spices and return to the slow cooker.

Partially cover and cook on HIGH until the mixture is thick and holds its shape on a spoon (about 6 to 10 hours) stirring occasionally. Or if desired, cook, partially covered, on LOW 8 hours or overnight.

Ladle hot mixture into hot jar, leaving ½-inch headspace. Remove air bubbles. Wipe the jar rims clean. Apply lid and band and adjust to fingertip tight.

Process in a boiling water canner ½ pint and 1 pint jars 10 minutes. Turn off the heat; remove the lid, and let the jars stand 5 minutes. Remove the jars and cool.

### Choose 1 Liquid, 1 Sweetener, and 1 Seasoning

<table>
<thead>
<tr>
<th>LIQUID</th>
<th>¾ CUP</th>
<th>SWEETENER 1 TO 2 CUPS</th>
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<tr>
<td>Apple Cider</td>
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<td>Apple Juice</td>
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<td>Brown Sugar</td>
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<td>Cranberry Juice</td>
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<td>Pineapple Juice</td>
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<td>Water</td>
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### Seasoning (To Taste)

- Balsamic Vinegar
- Citrus Zest
- Ground Allspice
- Ground Cinnamon
- Ground Ginger
- Liqueur
- Star Anise
- Vanilla Extract

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**Pear Butter:** 18 to 24 medium pears, rinsed and peeled. ¼ cup lemon juice

**Apple Butter:** 12 to 16 medium apples, rinsed and peeled, cored, and chopped.
**Bloody Mary Mix**  yield 5 pints  Source: Ball Canning and Preserving

- 2 quarts tomato juice
- ½ cup finely minced celery hearts (light green leafy centers)
- 6 tablespoons Worcestershire sauce
- 6 tablespoons dill pickle juice
- ¼ cup prepared horseradish
- 2 tablespoons hot sauce
- 2 teaspoons salt
- 2 teaspoons garlic powder
- 1 teaspoon black pepper
- 1 teaspoon celery seeds
- 1 teaspoon smoked paprika
- 1 cup bottled lemon juice

**DIRECTIONS**

1. Combine all ingredients, except lemon juice, in a stainless steel pan. Bring to boil; reduce heat, and simmer 5 minutes. Remove from heat; stir in lemon juice.
2. Ladle hot tomato juice mixture into a hot jar, leaving ½” headspace. Remove air bubbles. Wipe jar rim. Center lid on jar. Apply band, and adjust to fingertip-tight. Place jar in boiling water canner. Repeat until all jars are filled.
3. Process jars 35 minutes. Turn off heat; removed pan lid, and let jars stand 5 minutes. Remove jars and cool.
Taco Sauce

Yield: about 6 half-pint (8 oz) jars

3 cups tomato paste
2 tablespoons chili powder
1 tablespoon Salt for pickling & preserving
1 teaspoon cayenne pepper
½ teaspoon hot pepper sauce
1 quart + 1 cup water
1 cup cider vinegar, 5% acidity
½ cup corn syrup

Combine tomato paste, spices and hot pepper sauce in a large saucepan. Gradually add water, stirring until mixture is evenly blended. Stir in vinegar and corn syrup. Bring mixture to a boil. Reduce heat to a simmer (180°F); simmer until mixture thickens, stirring to prevent sticking.

Ladle hot sauce into a hot jar, leaving ½-inch headspace. Remove air bubbles. Clean jar rim. Center lid on jar and adjust band to fingertip-tight. Place jar on the rack elevated over simmering water in a boiling-water canner. Repeat until all jars are filled.

Lower the rack into simmering water. Water must cover jars by 1 inch. Adjust heat to medium-high, cover canner and bring water to a rolling boil. Process half-pint jars 30 minutes. Turn off heat and remove cover. Let jars cool 5 minutes. Remove jars from canner, do not retighten bands if loose. Cool 12 hours. Check seals. Label and store jars.
Measure Headspace from the inside of the lid to the top of the food or liquid.

Two-Piece Cap

Inside of Lid

1/4" 1/2" 1"

Proper fill levels of food in jar

Jar
**Freezer Chocolate Fudge Sauce**

- ½ cup margarine or butter
- 3 squares (3 ounces) unsweetened chocolate
- 2 ½ cups sugar
- pinch of salt (optional)
- 12 oz. can evaporated milk
- 1 teaspoon vanilla

Melt margarine in the top of a double boiler. Add chocolate and melt, while constantly stirring. Add sugar gradually, ¼ cup at a time, while stirring.

Then add salt, if desired. Next, stir milk in gradually and finally add the vanilla. Cook until desired thickness – approximately 1 hour, stirring occasionally.

Pour sauce into a clean, warm, wide-mouth quart jar or similar freezer-safe container(s). Allow the sauce to cool at room temperature for 1 to 2 hours. Seal and freeze.

The sauce should remain soft enough to spoon out portions while frozen.
Horseradish for the cocktail sauce & you bring the shrimp

¾ lb freshly grated horseradish
½ teaspoon canning salt
1 cup white vinegar (5%)

Sterilize canning jars. Wash horseradish roots thoroughly and peel off brown outer skin. The peeled roots may be grated in a food processor cut into small cubes and put through a food grinder or simply use the processor. Combine ingredients and fill into hot jars, leaving ¼” headspace. Place lid on jar, seal tightly with the jar band. Store in refrigerator.

This makes 2 half-pint jars. Pungency fades within 1 to 2 months.
GRAINY MUSTARD  yield 1 cup  Make today, enjoy in the future

- ½ cup cider vinegar
- ¼ cup yellow mustard seeds
- ¼ cup brown mustard seeds
- ¼ cup beer
- 2 teaspoons packed light brown sugar OR ½ cup of honey
- ¾ teaspoon salt

1. Combine vinegar, mustard seeds, and beer in medium glass or ceramic bowl. Cover with plastic wrap and let stand at room temperature for at least 8 hours or up to 2 days.
2. Process the soaked mustard seeds with sugar and salt in food processor until coarsely ground and thickened, scraping down bowl as needed.
3. Transfer mustard to glass jar with tight-fitting lid and let stand at room temperature until it achieves desired spiciness within 1 to 2 days. Transfer to refrigerator. Mustard can be refrigerated for up to 3 months.

WHY THIS RECIPE WORKS:

- Use only room temperatures. Heating any liquid will activate an enzyme in the mustard seed and stop flavor development.
- Refrigeration will halt the formation of the spicy compounds. Only start to store in the fridge once it reaches your desired taste.
- Sampled right after mixing, the mustard may taste bitter; this will reduce with age.
- Brown mustard seeds give a pungent flavor. Can use ½ cup yellow mustard seeds and no brown seeds.
- Only use glass containers. Mustards may pick up off-flavors from plastic and metal containers.
- Using honey instead of brown sugar will give a more Dijon-like flavor.

Buying mustard seeds:
grocery stores have yellow
online: spicejungle has brown
CANDIED GINGER

Makes ¾ cup. Make today, enjoy immediately.

2 ¼ cups sugar
2 cups water
8 ounces fresh ginger, peeled and sliced thin

Set a wire rack on a rimmed baking sheet. Combine 2 cups sugar and water in a sauce pan over medium heat. Bring to simmer, stirring occasionally, until sugar dissolves. Add ginger and simmer until tender and translucent, about 45 minutes. Strain through a fine-mesh strainer set over a medium bowl or large measuring cup. Reserve the syrup in the refrigerator for later use.

Transfer ginger to a prepared wire rack and let dry until ginger is tacky and no longer damp, 6 to 12 hours.

Combine dried ginger slices and remaining ¼ cup sugar in medium bowl and toss until ginger is lightly dusted with sugar. Reserve any sugar that falls to bottom of the bowl in an airtight container and use to flavor tea or cookies.

Transfer ginger to an airtight container. Candied ginger can be stored at room temperature for up to 2 weeks.
DRIED ORANGE SLICES

To dry Oranges: Wash fruit thoroughly and slice thin. Set a cookie rack on a baking sheet. Place slices on the rack, do not overlap. Allow 2 weeks for air drying.

INGREDIENTS

Dried Orange Slices
Chocolate of your choice: bittersweet, milk, white
Chopped Nuts optional

DIRECTIONS

Dip dried orange slices halfway in melted chocolate and transfer to a parchment-lined baking sheet. Let dry if not adding nuts.

Optional: Sprinkle with finely chopped nuts and let dry.
LIDS & LABELS

https://canningcrafts.com  to purchase fabric lid covers, lid and jar labels (do not use for recipes)

https://www.freshpreserving.com/canning-labels.html  Ball website click and print labels

https://www.joann.com/search?prefn1=productGroup&prefv1=Product&q=Food%20Fabric&start=0&sz=30  food motif fabrics
**Regular Mouth**

• 4 oz. Jars (Freezer Safe) - Ideal for Jams, Jellies, Mustards, Ketchup, Dipping Sauces, Flavored Vinegars, Small Portion Sizes

• 8 oz. Jars (Freezer Safe) - Ideal for Jams, Jellies, Conserves, Preserves, Fruit Syrups, Chutneys, Pizza Sauce

• 12 oz. Jars (Freezer Safe) - Ideal for James, Jellies, Marmalades

• 16 oz. Jars - Ideal for Salsas, Sauces, Relishes, Pie Fillings

• 32 oz. Jars - Ideal for Fruit & Vegetable Slices, Pickles, Tomato based Juices & Sauces

**Wide Mouth**

• 16 oz. Jars (Freezer Safe) - Ideal for Salsas, Sauces, Relishes, Fruit Butters

• 24 oz. Jars (Freezer Safe) - Ideal for Asparagus, Pickles, Sauces, Soups, Stews

• 32 oz. Jars - Ideal for Pickles, Tomatoes, Whole or Halved Fruits & Vegetables

• 64 oz. Jars - Ideal for Apple Juices & Grape Juices

**When filling freezer safe jars, leave ½-inch headspace to allow for the expansion of food during freezing.**
INFO FOR THE LABEL or to include with your gift

We suggest you clearly label the contents of your gift. We encourage you to include:

• The creation date

• The ingredients – *helpful information to those with food allergies.*

• Storage and handling instructions, for example:
  - Keep refrigerated.
  - Store in a cool, dry place. Refrigerate after opening.
  - How to cook.
  - Discard if lid seal is broken or “popped” up.

Ideas or tips for how to use the gift
  - Jams and jellies make good spreads, but can also be used as meat glazes or over ice cream.
  - A teaspoon of marmalade makes an excellent flavoring for hot tea.
Please support CCE Monroe and purchase your canning supplies from us. We have Sure-Jell Regular Pectin, Sure-Jell Low Sugar Pectin, 8 oz cases and a few freezer jars left. Priced lower than retail and Amazon and the money goes toward our great organization. Call Sharon in the office (585) 753-2550 or email monroemfp@cornell.edu

Sure Jell  https://www.myfoodandfamily.com/brands/sure-jell/recipes/20001/recipes

http://ccesaratoga.org/nutrition-food/how-to-videos

monroemfp@cornell.edu

NATIONAL CENTER FOR HOME FOOD PRESERVATION  https://nchfp.uga.edu/how/can_home.html

Using Water Bath Canner instructions  https://nchfp.uga.edu/publications/uga/using_bw_canners.html

http://monroe.cce.cornell.edu/

http://monroe.cce.cornell.edu/nutrition/food-preservation-blog-2021

Thank you!
Candied Ginger

“For just a few dollars and in just a few short hours (the majority of it hands-off), I had a half-pound of glimmering, spicy-sweet ginger coins.”

 WHY THIS RECIPE WORKS: While some of my coworkers use their kitchens as at-home culinary labs, mine is definitely more low-tech. The wares from my pantry could be described as Little House on the Prairie meets the 21st century: tomato-port jam and jalapeño pepper jelly, a blushing red onion marmalade, turmeric-laced zucchini pickles. My philosophy: Why buy it if you can make it (and make it better)?

However, it didn’t occur to me to make my own candied ginger until I let my eyes wander to the ingredient list on the packaging of some candied ginger at my neighborhood grocery store: ginger, sugar. Simple enough. So I walked over to the produce aisle, dropped a hunk of the gnarly rhizome in my basket, then set off for home to get to work.

For just a few dollars and in just a few short hours (the majority of it hands-off), I had a half-pound of glimmering, spicy-sweet ginger coins. Unsurprisingly, starting with the fresh stuff ups the peppery heat compared to what you find in the store, so be prepared. Today if I want to toss a handful of my new favorite staple into homemade granola, crumble topping, or mashed sweet potatoes, all I have to do is open my pantry door. Be aware that simmering and drying times may vary depending upon humidity and the freshness of your ginger.

—SHANNON HATCH, Assistant Editor, America’s Test Kitchen

It doesn’t take much: Sugar and ginger (plus water)—that’s all you need to make candied ginger. Most markets carry ginger in its mature form, but if you’re looking for a little less bite, seek out young ginger, also called spring ginger (Asian markets often carry it). You’ll know it by its thin, nearly translucent skin. I like to use a spoon to peel ginger. Its edge removes the skin just as well as a peeler or a knife, but it’s easier to navigate around all of the bumps and knobs. Once the ginger is peeled, slice it crosswise into thin coins.
It's just that simple: Next, make a simple syrup—equal parts water and sugar. This is not just your cooking liquid but also what enables the sugar granules to "glue" themselves to the ginger coins by giving the ginger a sticky exterior. Add the sliced ginger to your simple syrup and cook for about 45 minutes, or until the ginger is tender and translucent.

Save the syrup: Instead of draining your tenderized ginger over the sink, place a large container (like a 4-cup measuring cup or a bowl) underneath. This allows you to capture the ginger-infused syrup and refrigerate it for later use. I've made mock ginger ale with it. It also goes great with rum and is perfect for sweetening iced tea, tossing with sliced fruit, or even brushing over a just-baked pound cake.

Drying time: It's important to spread the ginger in a single layer on a wire rack and allow it to dry completely for 6 to 12 hours (it can vary quite a bit, depending on the humidity and the freshness of your ginger). It should just be tacky to the touch; don't rush it. The first time I tried to make candied ginger, I was in a hurry and tossed the slices with sugar after an hour—big mistake. The sugar melted into the ginger instead of sticking to the surface, creating a sticky, gooey mess.
Sugar coated: After your ginger is sufficiently dried, combine it with granulated sugar in a bowl and toss or stir until the slices are completely covered. It's OK if you end up with extra sugar in the bottom of the bowl—you can save that to flavor tea or sprinkle on top of cookies. Stored in an airtight container, the candied ginger should keep for a few weeks, unless, like me, you keep a stash at work within arm's reach.

Candied Ginger

Makes 1½ cup
Make today, enjoy immediately

2½ cups sugar
2 cups water
8 ounces fresh ginger, peeled and sliced thin

1. Set wire rack in rimmed baking sheet. Combine 2 cups sugar and water in small saucepan over medium heat. Bring to simmer, stirring occasionally, until sugar dissolves. Add ginger and simmer until tender and translucent, about 45 minutes. Strain through fine-mesh strainer set over medium bowl or large liquid measuring cup. Reserve syrup for later use.

2. Transfer ginger to prepared wire rack and let dry until ginger is tacky and no longer damp, 6 to 12 hours.

3. Combine dried ginger slices and remaining ⅓ cup sugar in medium bowl, and toss until ginger is lightly dusted with sugar. Transfer ginger to airtight container. Candied ginger can be stored at room temperature for up to 2 weeks.
Vinegars garnished with sprigs of herbs or a layer of berries are a hot “splash” right now. They are favored by chefs for adding excitement to special dishes. Cooking at home is also enlivened by tantalizing tastes from the blending of flavors with vinegar. Flavored vinegars are easy and fairly safe to make at home, provided some simple precautions are followed.

**Getting Ready**

**Jars and Bottles** - Only glass containers are recommended for your flavored vinegars. Use glass jars or bottles that are free of cracks or nicks and can be sealed with corks, screw-band caps or two-piece canning lids. Wash containers thoroughly in warm, soapy water and rinse well. (A good bottle brush is a big help for narrow containers.) Then sterilize the clean, warm jars or bottles by completely immersing them in water and boiling for 10 minutes. Prepare the sterilizing bath before you wash the jars, or keep the clean jars in warm water until you are ready to put them in for sterilizing.

The best way to prevent breakage is to use a deep pot with a rack in the bottom, such as a boiling water canner. Fill the canner or pot at least half full with warm water. Place the empty, warm jars or bottles upright on the rack and make sure the water level is 1 to 2 inches above the tops of the jars. Bring the water bath to a boil, and continue boiling for 10 minutes. The jars should stay below the boiling water the entire time.

After 10 minutes of boiling, remove the jars or bottles from the water and invert on a clean towel. Use canning jar lifters or tongs that grab the containers without slipping. Fill the jars with your vinegar while they are still warm.

**Lids and Caps** - If using screw caps, wash in hot soapy water, rinse and scald in boiling water. (To scald, follow manufacturer’s directions, or place caps in a saucepan of warm water, heat to just below boiling and then remove from the heat source. Leave caps in the hot water until ready to use.) Use non-corrodible metal or plastic screw caps. If using corks, select new, pre-sterilized corks. Use tongs to dip corks in and out of boiling water 3-4 times. Prepare two-piece metal home canning jar lids according to manufacturer’s directions for canning. If using these lids, allow enough headspace between the lid and the vinegar so that there is no contact between them. Plastic storage screw caps that are made for canning jars are also now available and would work well for flavored vinegars.

**Herbs** - Allow 3 to 4 sprigs per pint (2 cups) of vinegar. Use very fresh herbs, picked before blossoming, for best flavor. It is best to pick fresh herbs soon after the morning dew has dried. Use only the best leaves or stems, discarding discolored, nibbled, crushed or dried out pieces. Wash the fresh herbs gently but thoroughly. Blot dry on clean paper towels. After herbs are washed and dried, dip them in a sanitizing bleach solution of 1 teaspoon of household chlorine bleach in 6 cups of water. Rinse thoroughly under cold water and pat dry with clean paper towels.
Dried herbs may be substituted if necessary; allow 3 tablespoons dried herbs per pint of vinegar.

**Fruits, Vegetables and Spices** - Favorite fruits for flavoring vinegars are usually raspberries, blackberries, strawberries, peaches, pears and the peel of lemons and oranges. Sometimes they are combined with herbs or spices such as mint or cinnamon. Other popular flavorings include peeled garlic cloves, jalapeno or other peppers, green onions, peppercorns or mustard seed.

Thoroughly wash all fruits and vegetables with clean water; peel if necessary before use. Small fruits and vegetables may be left whole or halved. Larger ones, such as peaches, may need to be sliced or cubed. Allow 1 to 2 cups of fruit per pint of vinegar, or the peel of one orange or lemon per pint of vinegar. Garlic cloves, peppers and chunks of firm fruit may be threaded on clean, thin bamboo skewers for easy insertion and removal.

**Vinegar** - Several types of vinegar may be used, but not all give the same results. Distilled white vinegar is clear in color and has a sharp acidic taste by itself. It is the best choice for delicately flavored herbs. Apple cider vinegar has a milder taste than distilled white vinegar, but the amber color may not be desirable. Apple cider vinegar blends best with fruits. Wine and champagne vinegars are generally more expensive than distilled and cider vinegars, but are more delicate in flavor. White wine and champagne vinegars work well with delicate herbs and lighter-flavored fruits. Red wine vinegar would work well with spices and strong herbs like rosemary, but will mask the flavor of most herbs. Rice vinegar is a mild, slightly sweet vinegar used occasionally for flavoring. Be aware that wine and rice vinegars contain some protein that provides an excellent medium for bacterial growth, if not handled and stored properly. For added safety, use only commercially produced vinegars.

**Flavoring the Vinegar**

Place the prepared herbs, fruits and/or spices in the sterilized jars. Avoid overpacking the jars; use 3 to 4 sprigs of fresh herbs, 3 tablespoons of dried herbs, 1 to 2 cups of fruit or vegetables, or the peel of one lemon or orange per pint of vinegar to be flavored. If using basil, 1/2 cup of coarsely chopped leaves may also be used.

Often it is preferred to “lightly bruise” mint leaves or the sprigs of fresh herbs to release the flavors and shorten the flavoring process a little. If using dried bay leaves, leave whole for easy removal. A small slit may be cut in whole jalapeno peppers or peeled garlic cloves; wear plastic gloves when working with peppers.

Berries may also be “lightly bruised” as they are put in your container. When using orange or lemon peel, thinly cut off only the colored portion, avoiding the thick white underside. Try to cut the peel in a continuous or long spiral for easy removal later on.

Heat the vinegar to just below the boiling point, or at least 190-195° F. Pour over the flavoring ingredients in jars, leaving 1/4 inch headspace. Wipe rims of jars with a clean, damp cloth. Attach lids, corks or screw caps tightly. Let sit to cool undisturbed.

Store in a cool, dark place. Let sit undisturbed for 3 to 4 weeks to develop flavors.* Strain the vinegar through a damp cheesecloth or coffee filter one or more times until the vinegar shows no cloudiness. (Skewers of vegetables may be removed first.) Discard the fruit, vegetables and/or herbs.

Prepare jars and lids as before for final bottling steps. Pour the strained vinegar into clean sterilized jars and cap tightly. A few clean berries or a washed and sanitized sprig of fresh herb may be added to the jars before closing, if desired.

* A Note About Checking Flavors: It takes at least 10 days for most flavors to develop and about 3 to 4 weeks for the greatest flavor to be extracted. However, desired flavors are a matter of personal taste. Crushing, “bruising”, or chopping fruits, herbs and vegetables before adding them to jars can shorten the flavoring process by about a week or so. To test for flavor development, place a few drops of the vinegar on plain white bread and taste. If the flavor has developed to a pleasing point for you, strain the vinegar and continue as above. If flavors seem too strong after the standing time and straining, dilute the flavored vinegar with more of the base vinegar that was used in preparing the recipe.
**Storing the Vinegar**

Store the flavored vinegars in a cool, dark place. Refrigeration is best for retention of freshness and flavors. Date the bottles or jars when they are opened. If properly prepared and bottled, flavored vinegars should keep for up to 3 months in cool storage. Fruit vinegars in particular may start to brown and change flavor noticeably after that. Refrigeration of all flavored vinegars may extend the quality for 6 to 8 months. Always keep vinegar bottles tightly sealed. After six months, even if there is no sign of spoilage, taste the vinegar before using to make sure the flavor is still good. If a flavored vinegar ever has mold on or in it, or signs of fermentation such as bubbling, cloudiness, or sliminess, throw it away without using any of the vinegar for any purpose.

Herbed and fruited vinegars are often displayed on sunny window sills and shelves as decorative room additions. If stored in this manner for more than a few weeks, these bottles should be considered as permanent decorations and not used in food preparation.

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### Significance of Safety Concerns

As long as clean and high-quality ingredients (vinegar and herbs, vegetables or fruits) are used, the greatest concern with homemade flavored vinegars should be mold or yeast and then having to throw out your product. If your flavored vinegar starts to mold at any time, or show signs of fermentation such as bubbling, cloudiness or sliminess, discard the product and do not use any of it that is left.

Some harmful bacteria may survive and even multiply slowly in some vinegars. It is important to follow directions carefully, store flavored vinegars in the refrigerator or cool places, and work in a very clean area with sanitary utensils. Also be sure hands are very clean while you work!

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### References:


Oregon State University Extension Service, Corvallis, OR. SP 50-736.


Suggested Flavorings

Herbal-Mix Vinegar
For each pint jar of distilled white or wine vinegar to be flavored, make a bouquet from 3 sprigs each of fresh parsley, rosemary and thyme. Lightly crush before placing in jars.

Fresh Tarragon Vinegar
For each pint jar of distilled white or white wine vinegar to be flavored, use 3 (3 inch) sprigs of fresh tarragon, or 1 cup of fresh tarragon leaves and stems. Lightly crush before placing in jars.

Variation: Also add 1/3 cup minced fresh chives to each pint of vinegar, along with the tarragon.

Lemon-Dill-Peppercorn Vinegar
For each pint jar of distilled white vinegar to be flavored, use the spiral peel (colored part only) of 1 lemon, 4 sprigs of fresh dill, and 1/2 teaspoon whole black peppercorns. (This is especially good in marinades for fresh seafoods or salad dressings.)

Spicy Parsley Vinegar
For each pint jar of distilled white vinegar to be flavored, use 3 to 4 sprigs of fresh parsley, 1/2 teaspoon whole mustard seeds, and 1/2 teaspoon whole allspice.

Raspberry Vinegar
Wash 2 cups fresh raspberries gently but thoroughly. Bruise slightly with the back of a spoon or by rolling gently in waxed paper. Place in a sterilized quart glass canning jar. Heat 3 cups of vinegar to just below the boiling point and pour over the raspberries. Cap tightly and allow to stand 2 to 3 weeks in a cool, dark place. Strain vinegar through damp cheesecloth and discard fruit. Pour vinegar into clean, sterilized glass jars or bottles. Seal tightly. Store in the refrigerator for best quality and flavor. (This is especially good in dressings for mixed greens or fruit.)
Canning and Preserving 101

WATER BATH CANNING

Water bath canning is a preservation method used only for high-acid or acidulated foods, fruits to pickles, that creates an anaerobic environment in a vacuum-sealed jar. This high-acid environment is inhospitable to molds, yeasts, bacteria, and enzymes (the spoilers).

HERE'S HOW IT WORKS

A packed and loosely sealed jar is placed in a bath of boiling water long enough to bring the food inside to 212°F (100°C). The heat expands the food, pushing out all the air. When the jar is removed from the water bath, it begins to cool and contract, which forms the vacuum seal (and the famous “pinging” sound Ball canning lids make). This newly created sealed environment keeps all microorganisms out while killing off any remaining in the food. The acid level of the food is an important consideration here. As the chart on page 11 shows, fruits are naturally high in acid, while vegetables are not. Mixing high-acid foods with low-acid foods in a recipe still requires acidulation. As with salsas and chutneys, the low-acid foods can raise the pH level and cause dangerous conditions once canned, which is why it’s necessary to follow thoroughly tested recipes.

FRUIT-BASED JAMS, JELLIES, AND PRESERVES

These are generally high enough in acid to safely water bath can (with the exception of tomatoes, melons, papaya, and figs, which require additional acid). Sugar has preserving properties as it replaces some of the water in the fruit, but the amount used in canning is just enough to help delay spoiling by microorganisms and enzymes once jars are opened. Low-sugar/no-sugar fruit jams and jellies preserve just as safely but need to be consumed quickly once opened.

MARMALADE

The addition of pieces of fruit and cooked-down peel is what differentiates marmalades from jellies and jams. Citrus fruits have great quantities of natural pectin that is contained in the albedo, or pith, part of the peel (the white flesh between the peel and the fruit itself). This is also the source of the bitter flavor in citrus. When making marmalade, the traditional long method of soaking, then cooking the citrus, as with British-style marmalade, mellows the bitter taste of the pith. Long-method (Traditional) marmalades usually require a 2- to 3-day process during which time the fruit sections are boiled, then soaked and left to drain before being mixed together and cooked down with sugars. Quick-cook marmalades call for peels, separated from the pith; juiced or segmented fruits; and added pectin to quickly bind the juices and fruits together.

PECTIN

Pectin is a natural substance found in fruits, vegetables, and plants that is responsible for cell structure. It is also one of the four key ingredients allowing for thickening in jams, jellies, preserves, and marmalades, along with fruit, acid, and sugar. A balance of all four of these ingredients is necessary to achieve a successful set (or gel). Commercial pectin, such as Ball® RealFruit™Classic Pectin, Ball® RealFruit® Low or No-Sugar Needed Pectin, Ball® RealFruit® Instant Pectin, and Ball® RealFruit® Liquid Pectin, is extracted from apples and citrus fruits, as both have very naturally high levels of pectin. The recipes give complete instructions for the type of pectin to be used, as well as the correct balance of acid, fruit, and sugar needed to achieve a satisfactory set. Each type of pectin has unique attributes and therefore are not interchangeable.
TESTING THE SET OR GEL

Jams, jellies, and marmalades are all about the gelling action. Getting your preserves to "set" when using added pectin is easy, but achieving the perfect gel point when making traditional no-pectin-added preserves can be a challenge. Follow these easy tests designed to let you know when your spread is perfect. Remove your preserve pot from the burner while testing. If you find your preserve isn't ready, replace your pot to high heat and boil only for a few minutes more before retesting.

TEMPERATURE TEST
The temperature test is used for jam, jelly, and marmalade. Set a candy thermometer on the edge of your jam pot making sure it does not touch the sides or bottom. Once the preserve is at a rolling boil start monitoring the temperature. Gel is achieved once thermometer reads 220°F (104°C) (at 1,000 feet) or 8°F above boiling point for your elevation.

FROZEN PLATE OR SPOON TEST
The frozen plate or spoon test is used for jams and marmalades. Place several small plates or several spoons in the freezer. As your preserve begins to boil down and thicken take a plate or spoon out, use your jam stirring spoon to scoop a small amount onto the frozen plate. Return plate to freezer for a few minutes. The jam is set if it wrinkles when pushed with your finger and does not have a pool of syrup around it.

SPOON TEST
The sheet test or "sheeting" is used primarily for jelly and marmalades along with the temperature test: Dip a large metal spoon into the boiling jelly, lift it out, and hold it horizontally over the pot letting the jelly slide off. When drops come together along the edge of the spoon forming a thick sheet, the preserve is ready. If the drops are light and syrupy, it's not ready. Continue to boil for a few minutes more and retest.
**STEP-BY-STEP FRESH PRESERVING OF HIGH-ACID FOODS THROUGH WATER BATH CANNING**

**Getting started:** Visually examine jars for defects. Fill a large saucepan or stockpot halfway with water. Place jars in water to warm. (Filling jars with water from the saucepan will prevent flotation.) Bring almost to a simmer over medium heat. Keeping jars hot until ready for use is important as it will prevent jar breakage due to an abrupt change in temperature (also known as thermal shock). You may also use a dishwasher to wash and heat jars. Wash lids in warm soapy water and set aside. Leave bands at room temperature for easy handling.

**YOU WILL NEED:**

- Tested preserving recipe
- Fresh produce and other quality ingredients
- Boiling-water canner or a large, deep stockpot with a lid, and a rack (when preserving high-acid foods such as soft spreads like jams and jellies, fruit juice, fruits, pickles, and salsas
- Glass preserving jars with lids and bands (always start with new lids)
- Common kitchen utensils, such as a wooden spoon, ladle, kitchen towel, and rubber spatula
- Jar Lifter
- Bubble Remover & Headspace Measuring Tool

**STEP 1:** Fill hot jars one at a time with hot prepared food using a jar funnel.

**STEP 2:** Measure headspace of jar with designated Ball Bubble Remover & Headspace Measuring Tool, leaving ¼ inch for soft spreads, such as jams, jellies, and syrups, and ½ inch for fruits, pickles, salsas, sauces, and tomatoes.

**STEP 3:** Remove air bubbles if necessary by sliding a bubble remover or rubber spatula between the jar and food to release trapped air from inner headspace.

**STEP 4:** Clean rim and threads of jar using a clean, damp cloth or paper towel to remove any food residue.
STEP 5: Adjust lid on jar allowing sealing compound to come in contact with the jar rim. Apply band and adjust until fit is fingertip-tight.

STEP 6: Place filled jar in canner. Repeat until all jars are used or canner is full. Lower rack with jars into water. Make sure water covers jars by 1 to 2 inches.

STEP 7: Place lid on canner and bring water to a full rolling boil. Begin timing and maintain a rolling boil throughout the entire processing period. Turn off heat and remove lid. Let canner cool 5 minutes before removing jars.

STEP 8: Remove jars from canner to cool and set upright on a towel to prevent jar breakage that can occur from temperature differences (thermal shock). Leave jars undisturbed for 12 to 24 hours. Bands should not be retightened as this may interfere with the sealing process.

STEP 9: Check lids for seals after stand time. Lids should not flex up and down when center is pressed. Remove bands. Try to lift lids off with your fingertips. If the lid cannot be lifted off, the lid has a good seal.

STEP 10: Remove bands and wash jars and lids using a clean, damp cloth to remove residue that may have siphoned from the jar during processing. Add labels, and store in a cool, dry, dark place up to 1 year.